

Retreat Refuges, Precepts, and Verses

Online Retreats –Morning Refuges, Basic Precepts and Dhammapada versesI now take the Three Refuges, so my mind will become peaceful.

Bhante says to you: *Please sit with your backs straight, and calm your mind, now repeat after me.*

(In the future we will have these online for you to follow. This means you are asking for the protection of the Buddha's energy while you are taking the retreat.)

Bhante: *I now take refuge in the Buddha.*

Group repeats

Bhante: *I now take refuge in the Dhamma.*

Group repeats

Bhante: *I now take refuge in the Sangha.*

Group repeats

Bhante: *For the second time, I take refuge in the Buddha.*

Group repeats

Bhante: *For the second time, I take refuge in the Dhamma.*

Group repeats

Bhante: *For the second time, I take refuge in the Sangha.*

Group repeats

Bhante: *For the third time, I take refuge in the Buddha.*

Group repeats

Bhante: *For the third time, I take refuge in the Dhamma.*

Group repeats

Bhante: *For the third time, I take refuge in the Sangha.*

Group repeats

Taking the Basic Precepts for the Online Retreats

Say the following each morning:

- 1. I undertake to keep the precept to abstain from killing or harming living beings, on purpose.**
- 2. I undertake to keep the precept to abstain from taking what is not given.**
- 3. I undertake to keep the precept to abstain from wrong sexual activity.**
- 4. I undertake to keep the precept to abstain from telling lies and harsh speech.**

5. I undertake to keep the precept to abstain from taking drugs and alcohol.

6. I undertake to keep the precept to be loving and kind to myself, and all beings.

Bhante says: *Now you have taken the Three Refuges and the Basic Precepts, taking these leads to happiness and peace. Sadhu... Sadhu... Sadhu... (well done... well done... well done...)*

Savings from the Dhammapada

Bhante: *Now let us read the verses of the Dhammapada together.*

1] Mind is the forerunner of all evil states. Mind is chief; mind-made are they. If one speaks or acts with an unwholesome mind, because of that, suffering follows one, even as the wheel follows the hoof of the draft-ox.

2] Mind is the forerunner of all good states. Mind is chief; mind-made are they. If one speaks or acts with a pure mind, because of that, happiness follows one, even as one's shadow that never leaves.

3] "He abused me, he beat me, he defeated me, he robbed me", in those who harbor such thoughts hatred is not appeased.

4] "He abused me, he beat me, he defeated me, he robbed me", in those who do not harbor such thoughts hatred is appeased.

5] Hatred is never overcome by hatred in this world. Hatred is only overcome by love. This is an eternal law.

11] In the unessential we imagine the essential, in the essential we see the unessential, anyone who entertains such wrong thoughts never will realize the truth.

12] What is essential we regard as essential, what is unessential we regard as unessential, anyone who entertains such right thoughts will realize the truth.

16] Here one develops a mind that rejoices now, and in the future one rejoices. In both states the well-doer rejoices. One who rejoices a lot will be able to see the purity of their own deeds, speech and thoughts.

18] When one is happy now, they will be happy in the future. In both states the well-doer is happy. Thinking "I have done good in the past" one becomes happy and will easily experience a blissful state of mind.

19] Though a person recites sacred texts, but doesn't act accordingly, that heedless person is like a cowherd who counts others' cows. They have no share in the fruits of the holy life.

20] Though a person recites the sacred texts very little, but acts in accordance with the teaching, they give up lust, hatred and delusion. They truly know what is good and this leads to a mind that is free from suffering. They cling to nothing here and in the future. In this way, one shares the fruits of the holy life.

Note: These verses were translated by Venerable Narada. The full set along with brief stories and the verses in Pali is at:

<http://www.metta.lk/english/Narada/01-Yamaka%20Vagga.htm>